

DIET DAY

LOOKING AFTER YOUR HEALTH

A SPECIAL PRESENTATION BY LOCAL DOCTORS



Lose
Weight

Free!

Which
Foods?

The presentation will advise on :

- How to lose weight
- How to optimise your diet
- Foods you should eat & those you should avoid
- Reducing the risk of Heart Disease & Diabetes

SAT 1st Oct - After Maghrib - 650pm

@ Cheadle Mosque (CMA)

377, Wilmslow Road, Heald Green. SK8 3NP

Info - CMA - 0161 437 1093